



the  
stockholm  
**guidebook**  
for  
diplomats  
2019/2020



## SWEDEN IN THE WORLD

Just forty minutes from Stockholm, Sigtunaskolan Humanistiska Läroverket (SSHL) is perhaps Sweden's best-known co-educational boarding school. Founded in the 1920's, SSHL is today a modern, internationally-minded school, attracting both Swedish and international boarding and day students.

What makes SSHL special isn't just its stunning location and its safe and secure learning environment; it's the friendly, close-knit community where teachers, house parents and house tutors are actively involved in helping boarding students to develop into well rounded, self sufficient, academically outstanding global citizens.

Although SSHL puts a strong focus on academic excellence, the school encourages students to share in a wealth of activities – from film nights and get-togethers with other houses, to sporting events like ice-skating or rowing on the lake in front of the school, or skiing on the school's own ski slope.



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for the next step*

Felix, 19, is heading to  
Georgetown next year.



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# Dear new members of the diplomatic community of Stockholm



It is with great pleasure that I welcome you to Sweden, our capital Stockholm and its beautiful surroundings. With more than 100 missions resident here and many of the embassies also accredited to other countries in Scandinavia or across the Baltic Sea, Stockholm is a large diplomatic capital in the world.

The Stockholm region is Sweden's driving force and closely connected to the rest of the world. Just over one fifth of the population of Sweden live here, and one third of the economic growth of Sweden is created here. The country's leading knowledge centres are to be found here as well as a strong start up scene together with many international companies. People move here from all over the world, bringing new knowledge to the region. More than 2,2 million people live in Stockholm County.

The region's universities are strengthening their positions on the world stage. World-class research is carried out in many fields and several great innovations have emerged from Stockholm. Life sciences and information technology are two of the region's most competitive fields. Equality, sustainability and internationalization are central perspectives in Stockholm life.

It will not take long to discover that the county of Stockholm provides a wonderful setting as a place to visit, work and live in. Stockholm is outstanding among the capitals of the world as a green city with abundant water. The many rural areas, parks,

beaches and, of course, the archipelago, consisting of over 30,000 islands, make a strong contribution to the development and attractiveness of the region.

Cultural life in Stockholm also leads the way with a unique range of historical environments and buildings, galleries, museums, international cuisine, design and world class music. Stockholm combines a modern, urban and multicultural lifestyle with a small-town atmosphere. With its combination of historical culture, natural beauty and modern design, advanced research and development and state of the art technology – Stockholm is indeed a city for all seasons. I am sure this guidebook will help you to find your way around.

I wish you all the best for your stay in Stockholm.

Sven-Erik Österberg

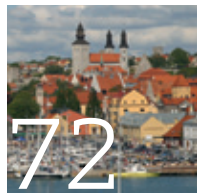
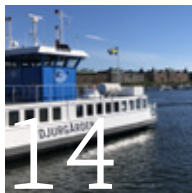
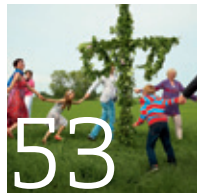
A handwritten signature in blue ink, which appears to read 'Sven-Erik Österberg'.

Governor of Stockholm County

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**Advertising:** Lena Louthander deFlon, lena@firstmediapartner.se



# FARANG



Restaurant Farang takes you on a culinary journey through Thailand, Vietnam, Malaysia and Indonesia. Farang's food is based on aromas and the harmony of hot, sour, salty and sweet tastes.

Farang offers exciting fresh cocktails, an interesting selection of wines and a relaxed yet elegant atmosphere combined with warm service.

Restaurang Farang is located on the ground floor of an old industrial hall on Tulegatan, near Stockholm city center.

The restaurant is also well suited for different types of events with big or small groups. For more information, please visit our website or contact us directly.





## ADS – Association of Diplomats Stockholm

The ADS celebrates 20 years as an organisation and has since its establishment fostered relationships within the diplomatic community and with Swedish society; but above all ADS is a place to build good friendships among all the nations represented in Stockholm.

The ADS is as a non-profit, non-political and non-religious organisation of diplomats accredited to Sweden and with an office in Stockholm. The organisation was formally established in 1999 with the goal of bringing foreign diplomats together under the umbrella of an organisation outside formal protocols.

The primary objective of the ADS is the promotion of contacts among its members, the Diplomatic community in Stockholm and with Swedish authorities and society. Secondly, the ADS seeks to act as a forum for matters of concern to the Diplomatic community in Stockholm.

We organise professional, social and cultural events throughout the year, with the support and cooperation of different organisations. These activities can include trips within Sweden and to neighbouring countries, lectures, commercial and cultural visits.

Some of our annual events include the Welcome Reception, visit to the Riksdag and the Diplomatic Beer Festival. The Welcome Reception is arranged to greet newly arrived diplomats to Stockholm and introduce them to the community at large. The Beer Festival gathers together several embassies to compete for the best beer from their respective country; competition is fierce but fun.

We are continuously striving to add more events to our calendar to give the community an opportunity to experience the different aspects of Swedish society and also engage themselves in it.

Feel free to come and join any of our events, even if you are not yet a member – look out for the invites we send to all posts – and do feel free to contact us directly to find out more: [ads@diplomatstockholm.org](mailto:ads@diplomatstockholm.org).

*“Be sure to take advantage of all that ADS has to offer by becoming a member. The ADS has made my tour of duty in this city more enjoyable and fruitful, both professionally and personally.”*

*Ricardo Falla, Chairman of the ADS Board*

## How to join the ADS

Membership is open to all accredited Diplomats in Sweden and as well Embassy staff. The membership to the ADS will give you preferential access to our organized events and you may also enjoy free or subsidised event fees.

For information and how to apply, please visit the ADS website or approach any of the ADS Board members: [www.diplomatstockholm.org](http://www.diplomatstockholm.org)

## The ADS Board

The Board of Directors together with the Permanent Secretary are in charge of the strategic direction and the daily affairs of the organisation.

The current board comprises of:

Ricardo Falla – Chairman of the Board, Embassy of Ecuador

Kateryna Tyminska – Vice Chairman of the Board, Embassy of Ukraine

Annette Draeger – Treasurer, Embassy of Germany

Michael Moody – Board Member, British Embassy

Valentin Stoev – Board Member, Embassy of Bulgaria

Aldo Viggiano – Board Member, Embassy of Mexico

Niko Kosmidis – Permanent secretary



*From the left: Michael Moody, Aldo Viggiano, Kateryna Tyminska, Ricardo Falla, Valentin Stoev, Annette Draeger, Niko Kosmidis.*





## Stockholm Loves Pollinators!

Honeybees, solitary bees, hoverflies, beetles, butterflies and moths – they all play a vital role in the pollination of agricultural crops and native wildflowers. But pollinator numbers are in dramatic decline worldwide.

Stockholm Loves Pollinators is a grassroots project run by Bin i Stan together with the British Embassy, English Church, Forbundet for Ekoparken and Vetenskapens Hus and is supported by the ADS. Together, the organisations have a vision to see best pollinator practice adopted as policy across Stockholm city.

Sweden does not yet have a national pollinator strategy (unlike the UK, for example) and Stockholm lags behind other cities like Oslo, Amsterdam and Lyons that have a co-ordinated approach that supports the needs of pollinators.

So, Stockholm Loves Pollinators is working to establish a joined-up approach to pollinator conservation, so that a 'pollinator perspective' becomes part of every land-management decision made across the city.

*“As diplomats we represent the global scope of the problem facing pollinators. Together we can help make a positive change.”*

*David Cairns, British Ambassador to Sweden*

## And diplomats in Stockholm are playing their part

With the help of Stockholm Loves Pollinators, embassies have been landscaping their grounds with pollinator-friendly flowers and trees.

In 2018, members of the ADS planted an urban wildflower meadow in the heart of Diplomatstaden. For 2019, another site will be planted, where the support of the Diplomatic community will play an important part.

## Meanwhile, here are 7 Simple Steps you can take to help pollinators:

1. Plant a variety of pollinator-friendly plants and trees to provide forage all year round.
2. Do not cut your grass so often or so low.
3. Leave some grass areas to grow wild.
4. Do not use pesticides.
5. Put up insect hotels and herbal flowerbeds or “insect restaurants”.
6. Leave fallen branches, deadwood and piles of leaves on the ground.
7. Keep sandbanks and bare earth areas for the 70% of pollinators who live in the ground.

Find out more via the ADS website: [www.diplomatstockholm.org](http://www.diplomatstockholm.org)



*The urban meadow after the planting of wildflowers.*



*For more information on the project Stockholm Loves Pollinators, please visit: [www.binistan.nu](http://www.binistan.nu)*

# STOCKHOLM

## Welcome to Stockholm

Welcome to Stockholm – one of the most beautiful capitals in the world. Built on 14 islands around one of Europe's largest and best preserved medieval city centres, the Swedish capital is superbly positioned, with stunning and extremely varied scenery in every direction.







# STOCKHOLM



## Districts

Each of Stockholm's six inner-city districts has its own charm and characteristic atmosphere. All of the districts are very attractive living areas with public transport close at hand. Here follows a brief tour through the various districts.

### City/Norrmalm

City/Norrmalm are really only areas for business and shops. Few people live in the area compared to the other districts of the city. The most eye-catching street life in City and Norrmalm is centred around Drottninggatan, Kungsgatan and Hötorget. Drottninggatan's many small shops and large department stores guarantee an almost endless shopping spree. At Hötorget vegetable and flower vendors gather to haggle prices for the day's fresh goods, which are often very favourable to customers.



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# STOCKHOLM



## Djurgården

Djurgården is Sweden's most beloved amusement and recreation area. It includes more than 20 of Stockholm's finest attractions with entertainment, museums, restaurants and outdoor activities. The most famous attractions are Skansen – the first open-air museum in the world, Gröna Lunds Tivoli – an amusement park, Vasa Museum – the best-preserved 17th century ship in the world, and Junibacken – an interactive storybook building where children young and old can travel through the world of author Astrid Lindgren.

## Vasastan

Vasastan is a lively neighbourhood with charming architecture and many trendy pubs. This is a hot neighbourhood for careerists and celebrities to set up in business. Vasaparken is a popular place for boules players, picnics and families to get together and relax in during the summer. Vasastan offers some interesting sights as The City Library (Stadsbiblioteket), The Observatory (Observatorielunden) and Gustav Vasa Church. The Strindberg Museum is also located here. This is where the Swedish author August Strindberg spent the last four years of his life.



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### Your contact Sales to Diplomatic Corps

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## Upplands Motor

# STOCKHOLM



## Kungsholmen

Take a walk along the waterline that surrounds this district, the views are breathtaking. You can see wonderful buildings, stroll through beautiful parks and, of course, you must visit one of Stockholm's most important landmarks, The City Hall (Stadshuset). Don't forget to explore the areas around the central part of Fridhemsplan, Kungsholmstorg and all of its small streets and alleys. Kungsholmen offers a diverse choice of shopping venues, from Västermalmsgallerian to smaller specialist shops along Hantverksgatan.

## Södermalm

Södermalm is known as Stockholm's most bohemian area. Here you can find the good bits of everything that is not mainstream when it comes to restaurants and shopping. The whole length of Götgatan is renowned for its large number of pubs. Medborgarplatsen is another place full of life in the summer, with lots of outdoor cafés and restaurants, the market hall and movie theatres that encircle the square make it folksy and festive. Here is where everyone gathers to enjoy the warm summer evenings.



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[www.bostadstjanst.com](http://www.bostadstjanst.com)

# STOCKHOLM



## Östermalm

Östermalm is a district in Stockholm's inner city. This neighbourhood is associated with exclusive apartments, luxury hotels, high end fashion and a vibrant nightlife. And a wonderful area to stroll around in.

Östermalm is often described as the city's most fashionable district with an abundance of large luxury apartments, the most exclusive of which are found along Strandvägen. Take a walk there and soak in the atmosphere and enjoy the magnificent buildings and wonderful seaside views.

Bibliotekstan is the city's most affluent shopping district, with exclusive Scandinavian and inter-

national brands. This is located around Birger Jarlsgatan, Smålandsgatan, Jakobsgatan and Norrlandsgatan. Here you will find fashion brands such as Chanel, Louis Vuitton, Prada, Gucci, Burberry, Stella McCartney, Ralph Lauren, Michael Kors, Nathalie Schuterman etc.

If you'd like to go shopping, there is Sturegallerian on Stureplan and Fältöversten on Karlaplan, both with lots of shopping and eating alternatives.



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Colourful and sparkling, the highly glamorous and feminine jewelry of Swedish designer Caroline Svedbom has found a devoted clientele around the globe. All pieces are handmade at the company's family run studio in Greece, where skilled craftsmen take pride in their attention to detail in every step of the process. This means that every piece is not only unique, but also of the highest quality. The jewelry is made from the finest of materials, including Swarovski Crystals.

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# STOCKHOLM



Östermalm is also the host of luxury restaurants and also has the highest concentration of nightclubs in the city, found around Stureplan.

There is a great concept at the Eataly on Biblioteksgatan. Two floors for you to explore as you eat, shop, and learn all about the best food and drink from Italy!

One of the city's oldest and most beautiful market halls, Östermalms Saluhall, is located on Östermalmstorg – in the heart of this district. It is a lovely food hall from 1888, with counters packed with the finest of cuisine. There are also several restaurants and cafés where you can enjoy traditional Swedish delicacies. At the moment the food hall is being renovated and the original star-shaped floor plan recreated. Until the beginning of 2020, you can visit the temporary hall located on the Östermalmstorg square.

The Royal Dramatic Theatre further contribute to the area's fashionable status. It was founded in 1788

and commonly known as Dramaten. This beautiful white art nouveau-building at Nybroplan has been the theatre's home since 1908. In the repertoire you'll find classical theatre, newly written Swedish and international theatre, and theatre for children and youth.

Sweden's most internationally renowned cultural personality, Ingmar Bergman, grew up here on Östermalm. First on Villagatan 22 and then Storgatan 3. He was and still is generally considered to be one of the leading directors in film history.

Ingmar Bergmans Plats and Ingmar Bergmans Gata, the square and street named in his honor, are both located just behind the Royal Dramatic Theatre.

Among museums in the neighborhood you'll find The Swedish History Museum, The Army Museum and The Nationalmuseum.



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# STOCKHOLM



## The Old Town

The Old Town (Gamla Stan) is one of the largest and best preserved medieval city centres in Europe, and one of the foremost attractions in Stockholm. This is where Stockholm was founded in 1252.

All of the Old Town and the adjacent island of Riddarholmen are like a living pedestrian-friendly museum full of sights, attractions, restaurants, cafés, bars and places to shop. Gamla Stan is also

popular with aficionados of handicrafts, curios and souvenirs. The narrow winding cobblestone streets, with their buildings in so many different shades of gold, give the Old Town its unique character. Even





now cellar vaults and frescoes from the Middle Ages can be found behind the visible facades, and on snowy winter days the district feels like something from a story book.

Cont. on page 24.



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# STOCKHOLM



There are several beautiful churches and museums in the Old Town, including Sweden's national cathedral Stockholm Cathedral and the Nobel Museum.

The largest of the attractions in the district is The Royal Palace, one of the largest palaces in the world with over 600 rooms. In addition to the reception rooms, there are several interesting museums in the palace, including the Royal Armoury, with royal costumes and armour. Don't miss the parade of soldiers and the daily changing of the guard.

Västerlånggatan and Österlånggatan are the district's main streets. The city wall that once surrounded the city ran inside these streets along what

is now Prästgatan. In the middle of the Old Town is Stortorget, the oldest square in Stockholm. Stortorget is the central point from which runs Köpmangatan, the oldest street in Stockholm, which was mentioned as early as the fourteenth century.

Mårten Trotzigs gränd (Mårten Trotzigs alley) is hard to find. It's the narrowest alley in the Old Town, only 90 centimetres wide at its narrowest point. Make sure not to miss Riddarholmen and the Riddarholmen Church. The church is a royal burial church, and was built as a Franciscan monastery for the so-called Grey Brother monks in the thirteenth century.



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# RELOCATION



## New country?

Moving is one of the most stressful life events and especially moving to a new country with different culture, laws and governmental administration.

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*"The only real luxury is time and  
you can't get time back."*



## RELOCATION

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Photo: Tove Freij/imagebank.sweden.se

## To know before moving to Sweden

As diverse as Sweden is, there are a few societal norms that are distinctly Swedish – some quite basic, others more subtle. Understanding a handful of them will hopefully prepare you culturally before moving to Sweden. When you're invited home to a Swede, you'd better be on time and take your shoes off...

*This text was written by Lola Akinmade Åkerström for sweden.se.*

### Swedes love their coffee

Few people drink more coffee than the Swedes. In Sweden, coffee drinking is fostered through a tradition called *fika* – in which friends, family or colleagues meet for coffee or tea, often with something sweet on the side. Most Swedes will enjoy at least one *fika* a day as an opportunity to bond.

### Get in line

From the pharmacy and tax office to your local grocery store's meat counter, you'll be forced to exercise patience as you wait to be served in a numbered queue. Many businesses have a ticketing system – usually a small hard-to-find machine hung on a wall that dispenses number notes. Once you grab your ticket, you'll have to wait until your number shows up on a screen before you can proceed to the counter.



14<sup>th</sup> May 1965 Rear-Admiral PATRICK U. BAYLY, C.B., D.S.C., F.R.S.

23<sup>rd</sup> June 1967 Vice-Admiral Sir HORACE C. LYDDON, K.B.E., C.B.

10<sup>th</sup> June 1968 Commodore M.A.J. HENNELL, M.C.

1<sup>st</sup> Sep. 1969 Admiral E.F. GUERITZ, O.B.E., D.S.C.



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# SWEDEN & SWEDISHNESS



Photo: Tove Freilij/imagebank.sweden.se

## Speaking Swedish helps (no, really?)

Chances are you can live here for years without learning a lick of Swedish. Swedes are widely rated as world number two at English as a second language. Therefore it might take you longer to learn Swedish, and the Catch-22 is that fluency in the language is crucial to full integration. Signing up for SFI (Swedish for immigrants) could be a step in the right direction. Learning Swedish might be a challenge, but worth the effort. SFI courses are offered through each local municipality's adult continuing education program (kommunal vuxenutbildning, or komvux) so you will need to contact your local municipality.



## Get your shopping done before 17:00, if you can

Many stores close early, especially at weekends. You'll be hard-pressed to find a store open past ten in the evening that isn't a petrol station. It's worth keeping in mind that since many Swedes are done with their regular jobs around five it's likely that you'll be battling crowds to get your shopping done between five and half past six.

## You will squeeze food out of toothpaste tubes

To prepare you for your first visit to the cold foods section of a grocery store, understand that in Sweden, tubes are also used to package foods such as caviar, mayonnaise, mustard, and other similar condiments. At some point, you'll probably squeeze some caviar from a tube onto half a boiled egg for breakfast.



## *Welcome to Frippe – Dramatens Bakficka*

Frippe, Dramatens Bakficka, is the restaurant where theater visitors, actors as well as you and I meet in a genuine bistro feeling for a wonderful dinner with friends and family, a cocktail or an afterwork with colleagues. The menu offers clean, classic flavors packaged in a modern and unexpected way. The open kitchen characters stand in beautiful contrast to the well-thought-out dining room table setting and gives the feeling of classical Swedish style bistro.

At Frippe you can also socialize in the middle of an exhibition, where food culture and art meet. Here you find the legendary Swedish photographer Hans Gedda's exhibition in French bistro hanging. Even here the classic meets the new and modern as Margaretha Krook and Andy Warhol meet Junior Brielle and Silvana Imam!



# Frippe

DRAMATENS BAKFICKA

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# SWEDEN & SWEDISHNESS



Photo: Magnus Llam Karlsson/imagebank.sweden.se

## You will see fathers pushing prams

When it comes to equality between the sexes, Sweden is one of the leaders, and the men definitely pull their own weight in staying home and raising infant children. In Sweden, couples are entitled to 480 days of paid parental leave, and this time can be shared between parents.

## Locate your nearest IKEA

There are very few stores in Sweden where you can buy affordable furniture and food at the same time, so it's definitely worthwhile locating your nearest IKEA. Many IKEA stores offer free bus services from central locations to the store and back.

## Many businesses shut down in July

It's not uncommon to find restaurants and stores shut down for an entire month, usually in July, while employees take their four to six weeks of holiday.

## Lagom

There is a societal code of conduct in Sweden which really has no direct translation. Loosely translated, the word lagom means 'just enough', 'in moderation', 'appropriate' and other synonyms you can pull out of the dictionary. When used in reference to societal behaviour, it means blending in appropriately without extreme displays of emotion.

## Melodifestivalen – not so lagom

Melodifestivalen – the national event through which Sweden's representative at the Eurovision Song Contest is decided – unites large parts of the population. Held every February through March, it is a particularly welcome distraction on long dark winter nights. Come May, the Eurovision Song Contest is just as popular – though some Swedes prefer the ice hockey world championships, which usually coincide with the international music event.

## Swedes are an outdoorsy bunch

Okay, maybe not all of them. But many. In Sweden, all year round there's at least one activity that can be enjoyed, come rain, shine, or winter blizzard. And the government has made it easy to enjoy Sweden's nature by giving people the Right of Public Access, *Allemansrätten*.

## Winters are cold and dark

It's no secret that Sweden's geographical location makes it prone to cold, dark winters. At the depth of winter in some northern parts of the country above the Arctic Circle, you might get as little as three hours of sunlight per day. So, winters may be rough, but you'll be rewarded during summer. Long hours of daylight and moderately warm temperatures make Sweden one of the most beautiful places to be in during May to August.

## Take off your shoes!

You'll quickly notice that shoes are taken off when entering private residences in Sweden. Some explain it with the simple fact that Swedes spend a lot of time outdoors during winter and are prone to dragging in dirt. Others say it's a sign of respect for the home. Either way, you might want to think twice before wearing full lace-up boots when visiting folks.

## Be on time

It is common knowledge here that 'time' should be respected at all times – regardless of whether you're going for an interview or a friendly *fika*. Meetings will start on time with or without you. The train leaves on time with or without you. Swedes value punctuality.



SELECTIVE SHOPPING  
GÖTGATAN 36 / STOCKHOLM

**BRUNO**

Aplace / H&M / HOPE / J. Lindeberg / Whyred  
Restaurang Ljunggren / Samsøe & Samsøe / 3



# SWEDEN & SWEDISHNESS



Photo: Mikaela Vázquez Rico/imagebank.sweden.se

## The state-owned alcohol monopoly

While you can purchase alcoholic drinks in restaurants and bars, if you'd like to take a sip from the bottle in the privacy of your own home, you've got only one legal option of buying stronger alcohol, and that's from one of the roughly 400 state-run liquor stores (Systembolaget).

## Special days celebrating food

Sure, Swedes celebrate Christmas, Easter, Midsummer and Walpurgis Eve. But almost as important are the days celebrating foods: Shrove Tuesday (Fettisdagen), which in Sweden calls for a semla; Waffle Day (Våffeldagen) on 25 March; and Cinnamon Bun Day (Kanelbullens dag) on 4 October. Feel free to gorge on said food all day long without guilt.

## Keep that plastic bag

Think twice before you toss out that plastic bag. Most Swedish grocery stores charge you for plastic or paper bags in an effort to keep waste low and encourage recycling. Swedes like to keep it sustainable.

## Business casual means jeans

General everyday fashion in Sweden is simple, relaxed and casual. This same concept has seamlessly seeped its way into more formal business settings. Unless your colleague is meeting foreign clients or attending a high stakes board meeting, chances are they are wearing jeans and a long-sleeved shirt.

## It is safe to drink the water

Drinking straight from the tap is the norm in Sweden. The water is clean and fresh, so you can save both money and the environment by not buying bottled water.

## Not all education and healthcare is free

While the Swedish healthcare system is largely taxpayer-funded, it's not entirely free. For routine doctor's office visits, the maximum amount you may have to pay out of pocket for an entire year is SEK 1,100.

Universities in Sweden are free for citizens of the EU/EEA or Switzerland. Since 2011, students from other countries are charged for studying at Swedish universities. The universities set their own

fees, which mostly vary between SEK 80,000 and 140,000 per academic year. Read more about studying in Sweden at [studyinsweden.se](http://studyinsweden.se)

Useful links

- [work.sweden.se](http://work.sweden.se)
- [studyinsweden.se](http://studyinsweden.se)
- [sweden.se/culture-traditions](http://sweden.se/culture-traditions)
- [sweden.se/nature](http://sweden.se/nature)
- [sweden.se/society](http://sweden.se/society)
- [skatteverket.se](http://skatteverket.se) (the Swedish Tax Agency)

Hornsbruksgatan 24 | 08-22 00 21 | [www.tjoget.com](http://www.tjoget.com)



TJOGET

The concept is rooted in southern Europe and the Middle East and offers both rustic rurality and urban sophistication. Open 7 days a week from lunch to late night they offer their guests; a dining room with a chambre separee, a cocktail bar, a wine bodega and the latest addition the beer café. Tjoget is listed as the best bar in Sweden and has for 3 years in a row earned a spot on the prestigious list of "The Worlds 50 best bars".

THE  
WORLD'S  
**50**  
BEST  
BARS



## Diplomatic Spouses Club of Stockholm (DSCS)

If you are a husband, wife, or partner of any member of the Diplomatic Corps posted to Stockholm, we would like to introduce you to the Diplomatic Spouses' Club of Stockholm (DSCS).

The DSCS was established in 1961 as a non-profit organisation with the continuous purpose to welcome and assist the husbands, wives, and partners of the diplomatic corps in Stockholm. The aim is to help the spouses and partners in acclimatizing to Sweden, by socializing and increasing the knowledge of our host country. In addition, the Club has also progressed to include promoting our respective members' countries to the local Swedish society.

As a member, we welcome you to participate in the events and activities organised by the Club as a way to interact with the Swedish society. These include visits to famous Swedish landmarks, organisations, high profile companies, museums, or any facet of Swedish life.

We also encourage our members to be active and involved with introducing their respective countries to the rest of the Club. A popular monthly event for members is a country themed activity held at a residence of our members, where the country's cultures, foods, traditions and customs are showcased.

## The DSCS Board

Every middle of the year, the Diplomatic Spouses' Club of Stockholm holds its Annual General Meeting to elect the President for the following term. The Board is responsible for the management of the Club and the organisation of future events and activities.

## The 2018/2019 term committee board comprises of:

Reem Maguid – President, Embassy of Egypt

Hazriq Nor – Vice-President/Secretary, Embassy of Argentina

Victoria Dobinda – Vice-President, Embassy of Moldova

Lilia Mahmoudi – Treasurer, Embassy of Tunisia

Stephanie Liassides – Membership, Embassy of the Republic of Cyprus

## How to join the DSCS

All spouses and partners of diplomats of the Diplomatic Corps to Sweden (Embassies and International Organisations) are eligible to join the DSCS. For information on how to register or any other inquiries, please write to [DiplomaticSpousesClubStockholm@gmail.com](mailto:DiplomaticSpousesClubStockholm@gmail.com).



*Chilean empanada cooking class  
at the Residence of the Ambassador of Chile.*



*Tour and private visit of the  
Royal Palace of Stockholm.*



# SHOPPING



## Sturegallerian

At Sturegallerian, you'll find everything needed to make life just a little bit more enjoyable. Situated in the heart of Stockholm City.

At Stureplan, in the very heart of Stockholm, you'll find Sturegallerian – an artful diversity of selected shopping, contemporary dining and modern lifestyle. Centrally located, it is a haven for male and female fashionistas, bookworms, gourmets, audiophiles, café hounds, interior design enthusiasts and other followers of quality. But it is also a natural meeting place, melting pot and a hub for city living both day and night with pubs, nightclubs, leisure and recreation.

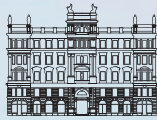
It is the starting point and the final destination for both locals and visitors in Stockholm. With a rich variety of Scandinavian and international brands represented in the shops in Sturegallerian, it is the one place in Stockholm you can't or won't miss.

[www.sturegallerian.se](http://www.sturegallerian.se)  
Stureplan



# STURE

GALLERIAN



HOUSE OF LIFESTYLE



*Welcome  
to the heart of*  
**KARLAPLAN**



**FÄLTÖVERSTEN**

KARLAPLAN • STOCKHOLM

Metro: Karlaplan  
faltoversten.se  
#faltoverstenkarlapan

Opening hours:  
Mon–fri: 10–19  
Sat: 10–18, Sun: 11–17



## Welcome to the heart of Karlaplan

The typical Karlaplanare need their social dinner party just as much as their precious me-time. Sometimes they're quiet, seldom boring. Much like the area itself: Elegant without being snobbish, polite without being stiff. And while they love their old neighbourhood, they're always looking for new fashion, flavours and people to discover. See for yourself at Fältöversten – a shopping center in the heart of Karlaplan. With 50 shops, 10 restaurants and the most Karlaplanish Karlaplanare in all of Stockholm.

### Lagerhaus

Affordable interior design, anyone? This place has everything your home could ever dream of. And great gifts! For yourself or someone you like. Not that they contradict each other.

### Petite Sabis

Sweden's most rewarded foodstore Sabis (that you can also find in Fältöversten) recently opened deli slash bistro Petite Sabis. Swing by for a homecooked meal to enjoy by the table or have your favourite delicacies take away. Opened for breakfast, lunch, dinner and everything in between.

### Jackie

Not sure what you want except that you want to look good? Say hello to Jackie. A concept store offering brands like Marc Jacobs and Burberry mixed with Scandinavian gems like Filippa K and Acne. And they have pink walls.





## WHAT TO DO

### Guided tours with a twist

Text: Visit Stockholm

Joining a guided tour is a perfect way to experience Stockholm. There are several tours that show you Stockholm, but with a twist. How about meeting the ghosts of Old Town or hiking the rooftops of Riddarholmen? Here are a few suggestions on tours out of the ordinary.





## Stockholm Ghost Walk

Join The Stockholm Ghost Walk for 90 minutes of history and mystery in the Old Town. Stockholm Ghost Walk takes you on a walk steeped in history and brings to life stories of legends, diseases, murders and of course, ghosts. Explore the dark streets and alleyways that make up the oldest parts of Stockholm.

[www.stockholmghostwalk.com](http://www.stockholmghostwalk.com)

*Photo: Stockholm Ghost Walk*

# WHAT TO DO



Photo: Tuukka Ervasti/imagebank.sweden.se

## Roof top hiking

See Stockholm from the rooftops on a guided tour, well secured with safety equipment. It's a unique combination of climbing and sightseeing – for people not afraid of heights.

[www.takvandring.com](http://www.takvandring.com)

## Triple tours

Experience Stockholm like a Stockholmer and in the company of a Stockholmer. Triple offers unique activities and tours of the beaten path arranged by locals that span the range from glitzy (take a burlesque workshop) through informative (take a linguistic tour of Stockholm) to laid-back (join a picnic with traditional Swedish park games).

[www.gotriple.com](http://www.gotriple.com)

## The Millenium Tour

Stieg Larsson's Millennium-books have become a cultural phenomenon, with over 80 million copies sold worldwide. His somber and grounded vision of Stockholm and Sweden, with dark secrets and unsavory characters lurking in the shadows, has renewed interest in Swedish crime literature and film. In The Millenium Tour you'll experience Södermalm through the eyes of the series protagonists Lisbeth Salander and Mikael Blomkvist, see where they live and work, and hear about the people that most likely inspire Larsson's stories.

[www.stadsmuseet.stockholm.se](http://www.stadsmuseet.stockholm.se)





Photo: Ocean Bus

## Ocean Bus

Ocean Bus is a unique sightseeing tour, where you get the chance to experience Stockholm onboard an amphibious bus, that runs on land as well as on water. The tour passes by many of the city's most well-known attractions and is guided in English. Starting point at Strömgatan by the Royal Opera. [www.oceanbus.se](http://www.oceanbus.se)

## Stockholm Food Tours

Eat your way through Stockholm! The tours "Culinary Södermalm" and "The Nordic Experience" will take you to a number of carefully selected restaurants and shops where you will learn about traditions and new influences and enjoy delicious samples. [www.foodtoursstockholm.se](http://www.foodtoursstockholm.se)

## ICEGuide

Want to skate on the natural ices around Stockholm? Be safe and go with an experienced guide! ICEGuide offers guided package tours including skating and safety equipment, clothing, lunch, and transportation. Book a private tour or choose from any of their scheduled tours during the winter months. Depending on weather conditions, the location of your adventure and the skating conditions may vary. You could go to a small lake, to Lake Mälaren or to the Baltic Sea in Stockholm's Archipelago – wherever you end up, it'll be a fantastic experience. [www.iceguide.se](http://www.iceguide.se)



# WHAT TO DO



Photo: Claes Helander

## Get to know Stockholm – City and Archipelago

### The City

When you are new to a city, it is good to get some idea of the general layout so you can quickly feel at home and find your way around. One excellent way to get to know Stockholm is to come along on Stockholm Excursions bus sightseeing tour. This tour passes through all the city districts and all the must-see attractions.

And no visit to Stockholm is complete without a boat tour. Under the Bridges of Stockholm boat tour by Stockholm Sightseeing lets you experience the city from the water. The bus and the boat tours both have guided commentaries in more than 10 different languages that gives you insights into Stockholm's fascinating past and present.

## The Archipelago

Whether you are visiting or living in Stockholm, a trip to the archipelago is a must. On Strömma Kanalbolaget's archipelago fleet, you can enjoy lunch, dinner and afternoon tea cruises, as well as half- and whole-day excursions with or without a guide. Many of Strömma Kanalbolaget's ships are more than 100 years old and have been lovingly restored to preserve their vintage charm. The destinations have been carefully selected and you will enjoy magical views throughout the voyage.

If you want to visit the outer archipelago, the fast and comfortable Cinderella boats are the best choice for you. They are a brilliant option if you want to explore the archipelago on your own terms. You can travel all the way to Möja or Sandhamn, or hop off on one of the islands along the route!

Find out more and book at [www.stromma.se](http://www.stromma.se)



Photo: Magnus Rietz

## WHAT TO DO



## Stockholms Glassworks

Would you like to try blowing your own glass?

Stockholms Glasbruk at Skansen was founded in 1933. Visitors of Glassworks can closely follow how the skillful glassblowers with traditional tools give life, shape, light and color to today's eco-friendly glowing crystal glass – an act and skill that has captivated people generation after generation.

Private shows also available. Visit website for more information.

Don't miss this gem when visiting Skansen!

Djurgårdsslätten 52, Skansen  
[www.stockholms-glasbruk.se](http://www.stockholms-glasbruk.se)  
+ 46 (0) 8 662 84 48

### Tax-free

There are gifts to be purchased at the glass shop. Tax-free shop and shipping is offered worldwide.

Would you like to try blowing your own glass?

Contact: [info@stockholms-glasbruk.se](mailto:info@stockholms-glasbruk.se)





# WELCOME TO SKANSENS RESTAURANGER



Every day, all year around there are always things to experience at Skansens Restauranger. You can host a conference in a unique environment, celebrate Midsummer or New Year's Eve, have a freshly grilled burger or crisp salad to go. It is also the perfect place to host a big party, Solliden with its beautiful interior and spectacular view of Stockholm is a fantastic setting for any event!

A part from Solliden there is a great variety of different venues for both bigger and smaller groups. At Skansen Terassen you can easily pop in for a lunch or a coffee. Of course, a must when visiting Skansen is to pay a visit to Våffelbruket for a freshly baked waffle!



**SKANSENS**  
RESTAURANGER

Tel: 08-566 370 00 [info@skansensrestauranger.se](mailto:info@skansensrestauranger.se) [www.skansensrestauranger.se](http://www.skansensrestauranger.se)



# HOLIDAYS & TRADITIONS



Easter tradition. Photo: Lena Granefelt/imagebank.sweden.se

## Holidays & traditions

Swedes have many holiday celebrations throughout the year. Most public holidays begin their celebrations a day early – on the “eve”. As this day is considered as a Saturday, banks, offices etc. are closed and shops in town close earlier than usual. Shops are not required to stay closed on public holidays and opening times are decided by the shop owner. Public holidays are called “red days”, röda dagar.

### Nyårsdagen-New Years Day

January 1st is a public holiday and December 31st is treated as a Saturday.

### Trettondag jul-Epiphany

January 6th. Many offices are closed on the 5th of January or at least close early. January 6th is a public holiday. This is the last time julbord (Christmas “smörgåsbord”) will be served. It is also the day to remove all Christmas decorations and throw out the Christmas tree.



Walpurgisnight. Photo: Lola Akinmade Åkerström/imagebank.sweden.se

## Vasaloppet-Vasa ski race

1st Sunday in March. An international ski marathon from Sälen to Mora (85km). This is reputedly the biggest cross-country ski race in the world. The first Vasa ski race was arranged in 1922. The route is the same as King Gustav Vasa took in 1521 while being pursued by the Danes.

## Påsk-Easter

Falls between March 22nd and April 25th. Långfredagen - Good Friday. Påskdagen - Easter Sunday. Annandag Påsk - Easter Monday. Shops and offices close early on Thursday. Friday, Sunday and Monday are public holidays. The word påsk originates from both Italian and Greek vocabulary meaning Passover. In 1325 Nicosia decided Easter would fall on the first Sunday after the first full moon after vårdagjämningen (vernal equinox). This is on March 21st, therefore Easter falls between March

22nd and April 25th. Over the Easter period you will observe many different traditions which are unique to Sweden.

## Valborgsmässoafton-Walpurgisnight

April 30th. People welcome the onset of spring by lightning huge bonfires. Traditionally, witches were believed to have travelled on brooms or goats to old sacrificial settings. People in villages would light fires to scare off the evil doers. Students wear their white caps and sing traditional songs followed by a night of dancing. Shops and offices often close early.

## Första Maj-May day

May 1st. Holiday of the working classes and traditionally a day of protest marches. Shops and offices are closed.

# HOLIDAYS & TRADITIONS



*Saint Lucia Day. Photo: Cecilia Larsson Lantz/Imagebank.sweden.se*

## Kristi Himmelfärdsdag- Ascension day

The 40th day after Easter. Always occurs on a Thursday and is a public holiday. Many offices and public authorities will also be closed the following Friday.

## Pingst-Whitsun

10 days after Ascension day. Pingsafton - Whitsun eve. Pingstdagen - Whitsun day. Pingstdagen is a public holiday.

## Sveriges nationaldag- Sweden's national day

June 6th, a public holiday. Parades, flags etc. are commonplace on this day. On June 6th 1523 Gustav Vasa ascended the throne and united the Swedish nation.

## Midommar-Midsummer

Saturday between June 20th and June 26th. Midsummer Day is a public holiday, and Midsummer's Eve is treated like a Saturday. Midsummer is celebrated during the weekend around the longest day of the year. It was originally celebrated to welcome the arrival of summer in anticipation of a fruitful harvest. According to folklore, it was believed that Midsummer Eve was a night of magic and supernatural occurrences. Family and friends gather and enjoy the traditional meal of matjesill (pickled herring), gräddfil (sourcream), gräslök (chives), and new potatoes accompanied by Swedish "snaps". You can also see people dancing around the flower covered maypoles (which incidentally were considered to be an old viking fertility symbol) while singing folk songs.

## Kräfskiva-Crayfish Party

Middle of August. A strong tradition amongst Swedes are crayfish parties held during the middle of August. People gather to eat boiled crayfish, drink Swedish snaps and sing lots of drinking songs.

## Surströmmingskiva-Fermented Herring Party

End of August. Another summertime tradition is fermented raw herring from the north of Sweden. It is famous for its incredibly potent smell and therefore enjoyed by a select few only. The premiere for this day is on the third Thursday of August and in fact, in the north of Sweden they often substitute crayfish parties for this sour, salted herring from the Baltic Sea. If you are brave enough to sample surströmming, then it should be eaten in accompaniment with crisp bread (tunnbröd), almond shaped potatoes (mandelpotatis), raw onion, sourcream, and washed down with beer, snaps or milk.

## Alla helgons dag- All Saints day

Saturday between October 31st and November 6th. Some offices close on the Friday before All Saints Day. Saturday is a public holiday. Families light candles and place flowers and wreaths on the graves of loved ones.

## Mårten Gås-St. Martins Day

November 11th. This is to mark the end of autumn work and start of winter activities. It is celebrated mainly in the south of Sweden where goose is eaten on this day.

## Advent-Advent

The 4 Sundays before Christmas. The traditional time of year to begin decorating for Christmas, lighting Advent Candles and opening Advent Calendars. Also the time to eat julbord (Christmas smörgåsbord dinner).



## Nobeldagen-Nobel Day

December 10th. The date of Alfred Nobel's death. On this day the Nobel prizes are awarded in a grand ceremony and banquet which is shown live on TV.

## Lucia-Saint Lucia Day

December 13th. Lucia is not a public holiday. According to folk tradition this is the longest night of the year and marks the beginning of the Christmas season. St. Lucia is the patron saint of light and was supposedly introduced to West Sweden by Irish missionaries in the 9th century. Celebrations began in the late 18th century when young girls, wearing white clothing and crowns of candles in their hair, would serve coffee and buns to the master and mistress of the house. Nowadays, a young girl dressed in white and with a crown of lighted candles on her head parades while singing special songs, along with a procession of "young lords and ladies in waiting", also dressed in white.

## Julafton-Christmas Eve

December 24th. Juldagen - Christmas Day. Annandag Jul - Boxing Day. Christmas is celebrated on Julafton. December 25th and 26th are public holidays.



# HOLIDAYS & TRADITIONS



Surströmming party. Photo: Tennstapet



Crayfish party. Photo: Ulla Winblad

## Traditional Swedish food

Text: Maria von Gegerfelt

The many holiday celebrations throughout the year are often connected with specific foods, that family and friends enjoy together. If you'd like to try some, here are a few suggestions where to go.

### Christmas buffet

The buffet is made of delicacies that are carefully prepared to celebrate the feast. Breaded ham with dip in a pot is usually the main dish, but it is accompanied by many other delicacies, ranging from game, fish and vegetarian. The herring table is a must! The prestigious restaurants showcase new innovative flavors of herring every year. The Swedish spiced snaps, a kind of spirits, are also an accompaniment to the Christmas buffet.

*Restaurants that offer Christmas buffet:*  
*Operakällaren, Gylde Freden, Ulriksdals Vårdshus.*

### New Year's dinner

A New Year's dinner in Sweden is a classy meal – A Sylvester Supper. A Sylvester Supper is served with

high quality meat or a gratinated lobster. The desserts are made to match the glittering guests. At midnight everyone are drinking champagne!

*Restaurants that offer Sylvester Supper:*  
*Grand Hôtel, Operakällaren, Riche.*

### Easter dinner

On the traditional Easter dinner lamb and salmon are served as main course. For starters there are pickled herring and egg halves with different toppings set in rows to small delicious delights. The dessert table also plays an important role of the celebration.

*Restaurants that offer Easter dinner:*  
*Grand Hôtel, Ulla Winblad, Långbro Vårdshus.*

## Midsummer lunch

Midsummer is a big family holiday when our delicious salmon plays the main role, together with the traditional herring table. The meal ends with strawberries with whipped cream and a dance around the Maypole.

*Restaurants that offer Midsummer delights:*  
*Skansen, Ulla Winblad, Grand Hôtel.*

## Crayfish & Surströmming Party

The autumn starts with a crayfish or a surströmming party, outdoors among friends, family and moon lanterns. The Swedish people sucks in everything from the dill-cooked crayfishes or make clamps of flatbread, potatoes, onions and the long-awaited salted and fermented herring, that is called surströmming. Beer and snaps are served to these specialties. Before you drink snaps you sing different songs to celebrate the special spirit – a very old Swedish tradition in the darkness of the autumn. Skål!

“Crayfish require these drinks!” This phrase was coined by one of our most famous Swedish author Albert Engström!

*Restaurants that offer crayfish and surströmming:*  
*Sturehof, Tennstopot, Ulla Winblad.*

## Mårten Gås dinner

A very old tradition from the south of Sweden to celebrate the Mare Goose. One special menu is black soup made of goose blood as a starter, a roast goose with plum stuffing, served with cream sauce and apple chutney. And a classic dessert Spettekaka!

*Restaurants that offer Mårten Gås dinner:*  
*Gyldene Freden, Ulla Winblad, Långbro värdshus.*

**Many of these restaurants offer all of the menus above, please visit:**

<a href="http://www.grandhotel.se">www.grandhotel.se</a>	<a href="http://www.sturehof.com">www.sturehof.com</a>
<a href="http://www.gyldenfreden.se">www.gyldenfreden.se</a>	<a href="http://www.tennstopot.se">www.tennstopot.se</a>
<a href="http://www.langbrovardshus.se">www.langbrovardshus.se</a>	<a href="http://www.ullawinblad.se">www.ullawinblad.se</a>
<a href="http://www.operakallaren.se">www.operakallaren.se</a>	<a href="http://www.ulriksdalsvardshus.se">www.ulriksdalsvardshus.se</a>
<a href="http://www.skansen.se">www.skansen.se</a>	



Easter delights. Photo: Långbro Vårdshus



Black soup. Photo: Fabian Jönstjerna/Den Gyldene Freden



Midsummer lunch. Photo: Magnus Mårding/Grand Hôtel Verandan



*A pile of art in Kumla. Photo: Kumla kommun*



*Photo: Gustavsbergs Konsthall*

## Top design places in Stockholm and central Sweden

*Text: Visit Sweden*

Looking for places to explore Swedish design, arts and crafts during your stay in Sweden? Svensk Form (the Swedish Society of Crafts and Design) has put together this list of the top design places to visit in Stockholm and central Sweden.

### A Pile of Art in Kumla

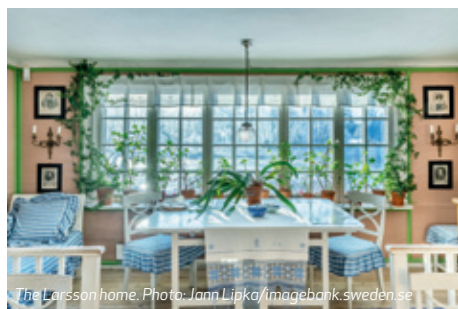
A Pile of Art is exactly what the name indicates. Beautifully located on a hill, this sculpture park showcases some thirty sculptures with widespread forest, meadow and lakes as backdrops. Rising 100 meters above the plains outside the town of Kumla, the Kvarntorp Pile is hard to miss. The manmade hill consists of ash remains from the shale oil recovery that took place here 1940–1966. It might sound like an unlikely place for art – nonetheless, this is one of Sweden's most outstanding sculpture areas. Every year a new work is added to the 30 that are already spread out atop the pile.

*Kvarntorpshögen, Kvarntorp 251, Kumla*

## Gustavsberg Contemporary Craft Art

Sweden's leading gallery for contemporary craft art is an innovative meeting point with exploratory exhibitions. The gallery is located in Gustavsberg, a small coastal town outside of Stockholm. The exhibition schedule features crafts in all types of materials, displaying current work by internationally recognized craft artists as well as the avant-garde of the younger generation. There is an extensive Shop & Showroom where you can purchase Swedish contemporary crafts of art.

*Gustavsbergs Konsthall, Odelbergs väg 9, Gustavsberg*



*The Larsson home. Photo: Jann Lipka/imagebank.sweden.se*

## The Home of Carl And Karin Larsson in Dalarna

The artist couple Carl and Karin Larsson decorated their home Lilla Hyttnäs with a personal take on arts and crafts. Immortalized in the watercolor paintings by Carl Larsson, the artistic power couple's light, colorful style has had an iconic impact on Swedish interior design and family life since the late 19th century. Lilla Hyttnäs is located in the idyllic village Sundborn in Dalarna.

*Carl Larssons väg 12, Sundborn*

## Nationalmuseum

After five years of re-construction, The New Nationalmuseum at Blasieholmen opened again in October 2018. Nationalmuseum is Sweden's national museum of art and design, with great collections that contain paintings, sculptures, drawings and prints from 1500–1900, and applied arts, design and portraits from the early Middle Ages up until present day. Other than exceptional art, don't miss the museum restaurant which has been called Sweden's most designed restaurant. It is decorated and furnished with works by some of Sweden's leading designers. More than 80 products have in fact been designed especially for the restaurant, such as the chandeliers, vases, lamps, porcelain and larger items like furniture, bar counters and wall décor. However, the restaurant does not only offer outstanding design – it is led by Fredrik Eriksson, one of Sweden's top chefs, who serves delicious food created with Swedish gastronomic craft methods.

*Södra Blasieholmshamnen, Stockholm*



*Nationalmuseum. Photo: Anna Danielsson/Nationalmuseum*





*The Woodland Cemetery. Photo: Ulf Lundin/imagebank.sweden.se*

## Woodland Cemetery

A cemetery might not be on the top of the list when you travel, but Skogskyrkogården (the Woodland Cemetery) in Stockholm offers a unique architecture experience and is a Unesco World Heritage site. Besides being a large green oasis, buildings such as the Chapel and Crematorium are designed by renowned Swedish architects Gunnar Asplund (1885-1940) and Sigurd Lewerentz (1885-1975) after winning an architect competition in 1915. Details such as the pattern in the limestone floor inside the Holy Cross Chapel is for mourners to rest their eyes on during grief, and a glass wall can be lowered into the floor after the funeral so that the congregation can step right into the living landscape after the ceremony. Gunnar Asplund was famous for his typical Nordic Classicism and functionalist style – for other examples visit Stockholm Public Library, which is one of his most famous works.

*Skogskyrkogården, Stockholm*

## ArkDes in Skeppsholmen

With a heritage going back to the 1950s, Sweden's national centre for architecture and design, ArkDes, is a museum, a study centre and an arena for debate that shares premises with Moderna Museet in Skeppsholmen in Stockholm. Aside from the exhibitions do not miss the library, which boasts great glass windows and an appealing functionalist interior. Staying true to Scandinavian values of inclusion and accessibility, the centre also arranges seminars and conferences around themes such as the future of the city and exhibitions often highlight young design talent. Spanish architect Rafael Moneo has designed the award-winning buildings at ArkDes, which include two exhibitions halls, library, office and café.

*Exercisplan 4, Skeppsholmen*

# PanoMaticLunar



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## Exhibition highlights this season in Stockholm

Text: Visit Stockholm

Stockholm's stages and arenas attract Swedish and international stars, and large and small events come one after the next.

### Robots – a thrilling adventure

Join us on a journey through the world of robotics, from the humble beginnings of 16th-century mechanical automatons to the latest humanoids. From 17 July 2019, the blockbuster exhibition Robots from the Science Museum in London makes its first international stop at Tekniska Museet. This intriguing exhibition features a unique collection of over 100 robots, from the earliest automatons to robots from science fiction and modern-day research labs.

*Tekniska Museet, 17 July – 15 March 2020*

### Teapots – Signed Swedish ceramics

Staffan Bengtsson and Pia von Holstein have collected teapots ever since they first met. Unique Swedish signed pitchers in ceramics. With designers like Signe Persson Melin, Stig Lindberg, Ulrica Hydman, Gösta Grähs and many others.

*Hallwylska Museet, 20 Sep – 9 Feb 2020*

### Rahel Belatchew

Sustainable architecture and features contemporary work by renowned Swedish architect Rahel Belatchew. The exhibition is in connection with the Carl Eldh studio building celebrating its 100th anniversary.

*Carl Eldhs Ateljémuseum, 16 May – 29 Sep*



Photo: Anna Gerdén, Tekniska Museet

## Gösta Adrian-Nilsson

An exhibition about Gösta Adrian-Nilsson, with works from his so-called Stockholm years (1917-1919) and the legendary exhibition Sjömanskompositioner at Gummesons in January 1918.

*Sven-Harrys Museum, 30 May – 29 Sep*

## Arthur Jafa

In his work, the filmmaker and artist Arthur Jafa (born 1960) explores the historical and contemporary conditions for African-American visual culture. Following a prodigious career in independent film, Jafa has become a powerful voice on the art scene in recent years with his charged video works, photographs, and artefacts.

*Moderna museet, 29 June – 8 Sep*

## The Future of Food & Drink

An exhibition about future-visions, health trends, and climate-friendly cuisine. What kinds of foods will we be eating in the future? Will meatballs still be on the menu, or will leftover salad, lab milk and insect burgers become part of our daily diet? The exhibition looks at contemporary health trends, but also takes a look back at the science fiction food visions of the 1950s, as well as having a go at predicting the foodstuffs and the world thirty years into the future. Coinciding with the exhibition is a special “future menu” at Spritmuseum’s restaurant with a climate positive dish and a trash cocktail.

*Spritmuseet, 7 Feb – 5 Nov*



Photo: Spritmuseum





## The Royal Palace

### The Official Residence Of His Majesty The King

The interiors feature a significant selection of furnishings and art which date chiefly from the 18th and 19th centuries. In addition to the Royal Apartments\* there are several museums steeped in regal history, as the Treasury with the regalia and the Tre Kronor Museum that portrays the Palace's medieval history. The Palace is open year round and you are welcome to stroll around yourself or join a guided tour. Don't miss the Royal Gift Shop, offering a unique selection of gift items with strong links to objects in the Royal Collections.

\*Some of the halls can close fully or partially in connection with The King's official receptions.

[www.royalpalaces.se](http://www.royalpalaces.se)  
+ 46 (0) 8 402 61 00  
Gamla stan / Old Town



# The Royal Gift Shop

AT THE ROYAL PALACE IN STOCKHOLM



Situated at the Royal Palace, the Royal Gift Shop offers a unique selection of quality souvenirs and gift items with strong links to objects in the Royal Collections.

OPEN: *Daily* 10:00–17:00

[www.RoyalPalaces.se](http://www.RoyalPalaces.se) 



Photo: Åke Eison Lindman/ABBA The Museum

## Museums & art galleries

### ABBA The Museum

This is a place where you walk and dance out! The music, the clothes, the lyrics, musicals, and films of ABBA have been gathered in Stockholm and are on display in a permanent exhibition.

[www.abbathemuseum.com](http://www.abbathemuseum.com)

*Djurgårdsvägen 68, tel 08-121 328 60*

### Bukowskis

The Bukowski Auction House was founded in 1870 by Henryk Bukowski. Bukowskis has six fine art auctions per year. 3 in the spring and 3 in the fall. A modern, a contemporary and a classic auction each season. [www.bukowskis.com](http://www.bukowskis.com)

*Arsenalsgatan 2, tel 08-614 08 00*

### Fotografiska

Fotografiska is one of the world's largest meeting places for contemporary photography. Fotografiska features four major exhibitions and approximately twenty minor exhibitions per year. In addition to the exhibition spaces, Fotografiska houses a book and souvenir shop, a rewarded restaurant, and commercial photography gallery. In the bar on the upper floor, you can take in one of the most spectacular views of Stockholm! [www.fotografiska.eu](http://www.fotografiska.eu)

*Stadsgårdshamnen 22, tel 08-509 005 00*

## Galerie Forsblom

Galerie Forsblom represents international well-known artists as well as Nordic established and emerging artists. The exhibitions vary in media from painting to sculpture, photography and installations. Galerie Forsblom participates in 5-7 international art fairs and shows around 20 exhibitions each year. If you want to experience the best that Stockholm has to offer the contemporary art scene, make sure to visit this gallery. [www.galerieforsblom.com](http://www.galerieforsblom.com)

*Karlavägen 9, tel 08-20 78 07*

## Galleri Sebastian Schildt

Galleri Sebastian Schildt is an awardwinning showcase for innovative and unique jewellery, silver, ceramics, furniture, glass and art of the highest quality. The gallery works closely with a group of both Swedish and International established and emerging artists making beautiful contemporary art objects that will last over time. The owner of the gallery, Sebastian Schildt is one of Sweden's leading gold and silver artists who both creates jewels and masterfully shaped works of silver.

[www.gallerisebastianschildt.se](http://www.gallerisebastianschildt.se)

*Strandvägen 5B, tel 08-665 40 88*



Galleri Sebastian Schildt: Photo: Carl Bengtsson



Photo: Galerie Forsblom

## Moderna Museet

The Moderna Museet, on Skeppsholmen, is a place for lovers of art and culture, whether young or old. Here you will find one of Europe's most distinguished collection of modern and contemporary art with key works from the hands of Pablo Picasso, Robert Rauschenberg, Salvador Dalí, Henri Matisse, Meret Oppenheim and many others. The Restaurant, The Coffee Bar and Café Blom offer exquisite meals and there are gifts to be purchased from the museum's shop. [www.modernamuseet.se](http://www.modernamuseet.se).

*Skeppsholmen, tel 08-520 235 00*

## Prins Eugens Waldemarsudde

Prins Eugens Waldemarsudde, formerly the residence of Prince Eugen (1865-1947), is today a popular art museum. Prince Eugen was among the finest landscape painters of his generation and an art collector with special emphasis on Swedish art. Throughout the year, a selection of Prince Eugen's own art, works from the Collections and temporary exhibitions, are displayed. The Prince's beautiful Private Apartment and sculpture park are always open to visitors. [www.waldemarsudde.se](http://www.waldemarsudde.se)

*Prins Eugens väg 6, tel 08-545 837 00*



## CULTURE



Photo: Skansen

### Skansen

Skansen is the world's first open-air museum, founded in 1891. At Skansen one can wander through five centuries of Sweden and feel the history in the houses and farms, where chores such as spinning and weaving is performed by period dressed people. Skansen is home to Nordic animals such as bears, wolves and moose. Swedish holidays like Midsummer, Lucia and Christmas are celebrated in a traditional way, and during the summer one can participate in traditional folk dancing. Open all year round.

*Djurgårdssläätten 49-51, tel 08-442 80 00*

### Sven-Harry's

Sven-Harry's art museum in Vasaparken is a spectacular building with a facade of brass designed by Wingårds Arkitektkontor. The building houses an art gallery, restaurant, residential apartments and commercial space. On top of the building there is a replica of Sven-Harry's former home with paintings, furniture and carpets from his private collection. August Strindberg, Carl Fredrik Hill, Märta Måås Fjetterström, Georg Haupt and Gio Ponti are represented among many others. [www.sven-harrys.se](http://www.sven-harrys.se)

*Eastmansvägen 10-12, tel 08-511 600 60*



The Swedish History Museum. Photo: Pelle Bergström

### The Swedish History Museum

In the Gold Room you will find Sweden's foremost gold- and silver treasures. Here, for example, you will find the 1500-year-old golden collar from Ällesberg which was made so skillfully that today's goldsmiths do not understand how it was done. Vikings is one of the world's largest Viking exhibition with 4.000 original artefacts. Here you will find everything from runestones, jewelery, tools and gaming pieces to a model of the Viking town of Birka and a four metre long copy of a Viking ship.

[www.historiska.se](http://www.historiska.se)

*Narvavägen 13-17, tel 08-519 556 00*

### The Carl Milles Art Museum

Millesgården was the home of sculptor Carl Milles. With remarkable dedication, he built and then continuously beautified the home, located on the island of Lidingö, Stockholm. Millesgården has a unique environment, one that offers visitors both relaxation and cultural experience. The museum park features sculptures, fountains, the Artist's home, a collection of antiquities and an Art gallery. The internationally renowned artist's most important works are installed here. [www.millesgarden.se](http://www.millesgarden.se)

*Herserudsv. 32, Lidingö, tel 08-446 75 90.*

## The Swedish Museum of Natural History with Cosmonova

Discover the amazing Swedish nature, follow the course of human evolution over the past seven million years and walk among dinosaurs in the history of Earth and Life. Only at Cosmonova you can experience films this big, this immersive and this exhilarating. See IMAX®-films, digital 3-D films and planetarium shows on a domeshaped screen.

[www.nrm.se](http://www.nrm.se)

*Frescativägen 40, tel 08-519 540 00*



*Photo: Staffan Waerndt*

## Nobel Prize Museum

Get inspired by ideas that changed the world. At Nobel Prize Museum in Old Town you'll meet freedom fighters, creative scientists and literary adventurers through inspirational films, enlightening facts and donated objects. Turn your café chair and find signatures of Nobel Laureates. Daily guided tours take you all the way from an idea to the Nobel Prize. [www.nobelprizemuseum.se](http://www.nobelprizemuseum.se)

*Stortorget 2, tel 08-534 818 00*



*Nobel Prize Museum*

## The Vasa Museum

The Vasa is the best-preserved 17th century ship in the world, the most popular museum in Scandinavia and one of the foremost tourist sights in the world. The impressive warship sank on her maiden voyage in 1628 but was salvaged 333 years later in 1961. She has since then been restored and can now be seen with her complete lower rigging at the Vasa Museum – the only museum of its kind in the world. Surrounding the ship are several permanent exhibitions, cinemas, a shop and a restaurant. [www.vasamuseet.se](http://www.vasamuseet.se)

*Galärvarvsvägen 14, tel 08-519 548 80.*



*The Vasa museum*

### Ground Meat

Ground meat recipes are a favourite – it's inexpensive, cooks up fast and can be used in many ways, like meatballs, hamburgers, chili, lasagna, soup as in the image below...

We've selected a few favourites for you to try at home.

Enjoy your meal!







Photo: Farang

## Bo La Lot

Fragrantly seasoned rolls of ground meat wrapped up in cha plu leaves are a favorite Vietnamese snack that's great with cold beer or white wine.

### Ingredients (18 rolls)

- 600g ground beef
- 300g ground pork
- 2 tablespoons sriracha sauce
- 2½ tablespoons ABC sauce (Kechap Manis)
- 1.5g kaffir lime leaves
- 8g red chili
- 9g coriander root
- 10g garlic
- 15g salt
- 1 dl scallions
- 6 stalks lemongrass
- 18 cha plu leaves
- Oil for frying

### For serving:

Fresh coriander and chopped scallions to sprinkle on top. Sweet chili sauce for dipping.

### Step by step:

Shred kaffir lime leaves and chop all vegetables. Mix kaffir lime leaves, chili, coriander root, garlic, the sauces and salt in a blender, to a smooth paste. Combine the paste with the meat and blend thoroughly. Then stir down the finely chopped scallions and lemongrass.

Shape 10 cm long sausages, about 50g each, and roll them into cha plu leaves. Fry in a pan until they get a nice color. Also perfect for grilling.

Enjoy a tasty snack! Best wishes from Farang.  
Tulegatan 7, Stockholm, [www.farang.se](http://www.farang.se)



Photo: Farang



# COOKING CLASS



Adria Ristorante & Bar

## Ragù Alla Bolognese Della Nonna Adria

The genuine ragù alla bolognese is a slowly cooked sauce, and its preparation involves several techniques, including sweating, sautéing and braising. Preparation 15 minutes, cooking time 2 hrs.

### Ingredients (4 servings)

- 2 tablespoons, olive oil
- 1 onion, finely chopped
- 1 celery stick, finely chopped
- 1 carrot, finely chopped
- 1 tablespoon, conserved tomatoes
- 250g, beef mince
- 3-6 inches, rosemary, leaves picked and finely chopped
- 3-6 inches, thyme, leaves picked and finely chopped
- White wine (alternatively water)
- Salt and pepper

### Step by step:

Heat up the olive oil in a heavy-based saucepan. Add the onion, celery and carrot and stir. Cook over a medium-low temperature with a lid over the pan for 5-10 minutes, or until the vegetables start to become translucent. Stir every couple of minutes until vegetables are softening with the edges adapting a golden brown color.

Add the beef mince and stir it into small pieces using a wooden spoon. Increase the heat to medium-high. Keep stirring and let it cook for about 10 minutes or until the color of the beef changes with its juices oozing out and starting to fry.

Add the tomato purée whilst stirring and let it boil for a minute. Keep stirring and add the white wine and 120 ml/4 fl oz water; alternatively, leave out the wine and add an additional 250ml/8 fl oz water.

Season with rosemary, thyme, salt and pepper to your preferred taste and turn the heat down to low. Cover the pan with the lid and let it boil over a

very low temperature for 1 hour, add 120ml/4 fl oz of water when the sauce is starting to dry out. The beef should almost be covered with liquid during the first hour of cooking.

Serve the ragù with a type of pasta such as fusilloni, pappardelle or paccheri that will give you just the right amount of sauce with every bite. Boil

your pasta to be served al dente, keeping its texture to remain firm in every bite throughout the meal.

Buon Appetito from us at Adria Ristorante & Bar! Tulegatan 10, Stockholm, [www.adriaristorante.se](http://www.adriaristorante.se)

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## Patty Melt

A patty melt is a type of sandwich consisting of a hamburger patty, topped with cheddar cheese between two slices of bread. It is a cross between a grilled cheese and a hamburger.

Ingredients (2 servings)

320g ground beef

4 slices of white bread

8 slices of cheddar cheese

Salt & ground black pepper

### Step by step:

On medium heat toast the breadslices on both sides.

On high heat put a ball of ground beef (160grams) in the middle of the pan and let it sizzle for a few seconds. Take a spatula and press the ball of meat to a meatpatty about the size of the breadslices.

When the juices of the meat start to surface its time to flip the meat. On the cooked side now

season with salt and black pepper. Take the meat out of the pan when it is cooked to your liking, and let it rest.

Drag two slices of cheddar across the fryingpan to preheat them and place them on one of the breadslices. Repeat and put cheese on the other breadslice.

Take the rested meat and put it on one of the breadslices with cheese on. Take the other slice of bread with cheese on it, and place it on top of the meat (cheesese side facing the meat). Put the whole patty melt back in the pan to let the cheese melt further, flip it once to heat both sides evenly.

Place the patty melt on a cuttingboard and cut it diagonally from corner to corner.

Enjoy! Greetings from Barrels Burgers & Beer. Smålandsgatan 22, [www.barrels.se](http://www.barrels.se)



Photo: Rebecca Brage



Photo: Rebecca Brage

# GOTLAND



## Gotland – the Island of hidden beaches and lime stone dreams!

A trip to Sweden's biggest Island is a must for every visitor in the northern hemisphere. Gotland offers a picturesque mediaeval town, 800 km coast line and divine food cooked by highly skilled chefs that uses locally produced groceries.

Text: Linda Runarsdottir

The Island of Gotland is situated in the Baltic sea, about 90 km (56 miles) off the Swedish coast. Gotland also includes smaller islands around the main island such as Fårö, Gotska Sandön and the Karlsö Islands (Lilla and Stora Karlsö). The biggest city on Gotland is Visby (around 25.000 inhabitants/ the whole island has around 60.000 inhabitants), since 1995 it has been on the UNESCO World Heritage site list.

The Island is formed from a sequence of sedimentary rocks of a Silurian age and Gotland is called the Island of lime due to its famous limestone composition and its sea stacks, known as "Rauks". On specific places there are spectacular fields of sea stacks that are free for guests to visit.



M/S Visborg. Photo: Destination Gotland AB

## How to get to Gotland

It's possible to travel to Gotland with your own boat, along the coast there are several harbours. The easiest way to access the island is by ferry or plane. The ferry line Destination Gotland operates between Visby and mainland ports in Nynäshamn and Oskarshamn (in the summer time there's also a connection to Västervik). The journey with the ferry takes around 3 hours and onboard the ships there are cafés, restaurants and all the services needed for a comfortable crossing. In the spring 2019 a new ship, M/S Visborg, was launched. The ferry takes up to 1650 passengers (plus 500 cars) and runs on LNG (Liquefied Natural Gas) that reduces CO2 emissions with around 20%.

There are daily flights from both Bromma and Arlanda to Visby, Gotland's main city. The trip takes around 35 minutes and are operated with both SAS and Braflyg.

Once on Gotland the roads and nature are excellent for both driving and bicycling. The Island is open for everyone and the countryside offers a great variety of gems, for example, farm shops, small restaurants and bars, nature reserves and mediaeval churches. There are several bike and car rentals on the Island for travellers that arrived without their own transport. For a weekend in Visby a good pair of shoes it's all that's needed.



Bicycling in Bungenäs. Photo: www.gotland.com

## When to go

**High season:** mid-June to mid-August.

Necessary to pre book travel tickets and accommodation. A lot of Swedish visitors visit the Island during their vacation. Beaches, restaurants and Visby welcome a great amount of holiday seekers.

**Shoulder season:** May to mid-June & mid-August to mid-September.

In a lot of peoples opinion, the best time to visit Gotland. The weather is often very good, accommodation and restaurants are open, and the nice climate is perfect for outdoor activities.

**Low season:** October to May.

Is the Island Sweden's best hide away? In Visby restaurants and hotels are open and on weekends many small cafés, art studios and farm stays are open. The stunning nature is always open and free to visit. In December, there are Christmas markets in Visby and Easter is a great event celebrated all over the island.



# GOTLAND



## Top 3 things to do in Visby

### 1. Visit the Town Wall and old church ruins

A walk in Visby is a stroll back in time. The Town Wall, one of the best preserved in Europe, was first built to keep the farmers out of the city. The Wall is nearly 4 km long and 27 of its original 29 towers are well preserved. Inside the Town Wall, there are 10 old church ruins dating back to the beginning of the 13th century. One medieval church is still in use; Visby Cathedral (S:t Maria Domkyrka).

### 2. Eat and drink Gotlandic style

In Visby many restaurants have an internationally good reputation and several of them are mentioned in the White Guide. Chef's use locally produced groceries and cook meals with the special Gotlandic touch. In the summertime the whole city of Visby feels like a cosy outdoor restaurant, some places are situated ideally for a sunset drink.

### 3. Indulge locally produced handicrafts

The Island has many artists and craftsmen, some work with new design and materials, others specialize in old-fashioned ways of creating handicrafts. Jewellery with Gotlandic design, hand-blown glass, wool products and truffle oil, just to mention a few.





## Top 3 things to do in Gotland

### 1. Beaches

Gotland has some of northern Europe best beaches. Tofta, south of Visby and Sudersand on Fårö are long, beautiful sandy beaches. In the summertime both have a lot of holiday makers that love to spend their days by the waterside. Gotland is renowned for having a lot of beaches and even in the high season it's possible to find a small lonely reclusive beach. Some have soft sand, others are better suited for walks, surfing and kitesurfing.



### 2. Lime stone-fields

The natural phenomena of lime stone sea stacks are one of Gotland most popular sights to visit. They are spread out from the very south of Hoburgen until the very north of Fårö. Some stand alone, others in plentiful groups. The largest sea stacks can be

found at Digerhuvund on Fårö but the smaller areas are well worth a visit too. Most of the sea stacks on the western side of Gotland are popular places for sunset-pick nicks.

### 3. Outdoor activities

The warm climate, the open nature makes Gotland ideal for outdoor activities. Many outdoor activities are best practiced from May to September but depending upon one's interest the time and place can change.

- Activities on sea – swimming, surfing, kite-surfing, SUP and kayak are popular around the coast with many providers offering rentals and guided tours.
- Golfers can experience Kronholmen, one of Sweden's best golf clubs with stunning views. In addition to Kronholmen, there are five other golf clubs on the island.
- Yoga enthusiasts can find outdoor classes in Visby as well as in the countryside. Many places offer retreats of various kinds, often with meals and accommodation included in the price.
- Hikers, bikers and runners. All over Gotland there are trails suitable for different kind of outdoor activities. You can participate on your own or take part in one of the many races that are held on Gotland.



# GOTLAND



Cozy alleys in Visby. Photo: [www.gotland.com](http://www.gotland.com)



Taste of Gotland. Photo: Linda Lúnarsdóttir

## Best places to stay & to eat

All over Gotland there are hotels, hostels, cottages, farm stays and house rentals. In the high season accommodation can be hard to find. Travelers are advised to book before they travel.

### Clarion Hotel Wisby

A picturesque and charming hotel in the city of Visby. Excellent service, a spa in a medieval environment and their "Kitchen & Table" inhouse restaurant makes Clarion one of the best hotel choices on the island. [www.nordicchoicehotels.se](http://www.nordicchoicehotels.se)

### Best Western Strand Hotel

Modern hotel in the city centre. Comfortable rooms, good location, gym and spa with indoor pool for guests. Spacious roof top bar open summertime. Member of the international hotel chain Best Western. [www.bestwestern.se](http://www.bestwestern.se)

### Scandic Visby

Friendly and care free hotel, situated next to the ferry harbour. Scandic is a great hotel for guests arriving with their own car (free parking is included). Fresh meals served for lunch and dinner

by the outdoor swimming pool (open summertime). Suitable for families with children, dogs are welcome too. [www.scandichotels.se](http://www.scandichotels.se)

### Stelor Hotel

A farm stay south of Visby. A small boutique-ish stay in an old limestone house. With only seven individually designed rooms and a restaurant that serves only locally produced and sustainable food, it's a popular spot for environmentally friendly visitors that desire only the best. [www.stelor.se](http://www.stelor.se)

### Djupvik Hotel

By the waterside, close to an old fishing village, Djupvik hotel offers accommodation with a sea view, tasty food in the restaurant and a chilling pool for warm summer days. Djupvik is situated south of Visby. [www.djupvikhotel.com](http://www.djupvikhotel.com)

## Best places to eat

With farmers that provides restaurants with locally produced vegetables and meat, the level of great places to eat is very high. In the autumn, the harvest season is celebrated with Gotland's own harvest-festival, a gourmet-weekend and a truffles-festival.

### Lindgården

The restaurant serves traditional food in the heart of Visby. Great outdoor garden in the summertime and an impressive wine cellar. Lindgården is a member of "Kulinariska Gotland" – an association of five high-end restaurants on the island. There are currently five restaurants in the association, four of them are in Visby and all of them are highly recommendable: Surfers – Chinese food that tastes so good that Chinese people travel to Visby to eat there. Gamla Masters – modern Swedish cooking in a friendly environment. Bakfickan – superb fish restaurant close to the Old Square in Visby. Smakrike – located in Ljugarn, east Gotland. Great restaurant with local groceries in beautiful settings. [www.lindgarden.com](http://www.lindgarden.com)

### Tuppen

The small restaurant Tuppen (Roaster in English) has won many prizes for its new thinking when it comes to food and local products. It's "sister-restaurant" Gula Hönan (Yellow hen in English) is established in Ronehamn. A must for foodies visiting Gotland. [www.tuppenskrog.se](http://www.tuppenskrog.se)

### Lilla Bjers

An ecological, green oasis outside Visby. At Lilla Bjers they have their own greenhouses and guests can see exactly where their food comes from. At this green heaven there's also a farm shop where guests can buy plants and locally produced crafts made by leather, wood and metal. [www.lillabjers.se](http://www.lillabjers.se)



*Taste of Gotland. Photo: Thomas Gedminas*

## Practical information

Although they speak Swedish on Gotland the Gotlandic people have a strong and charming dialect called "Gotländska". It's strongly connected to Icelandic and other old forms of old Nordic languages.

All over the Island there's free wi-fi at hotels, restaurants and cafés. The easiest way to pay is with credit cards but a lot of places still take cash and some also accept the Swedish pay method called Swish.

The time zone is the same as in the Swedish mainland, but the sunrises and sunsets are often regarded a bit better compared to the rest of the country.

In Sweden there's an annually contest regarding what city/place has the most hours of sun every summer. Visby/Gotland has been in the top results for many, many years.

No matter what reason guests have when they first visit Gotland – they will always find new reasons to come back.

### More information:

Book ferry and accommodation:  
[destinationgotland.se](http://destinationgotland.se)

Flights: [sas.se](http://sas.se), [braflyg.se](http://braflyg.se)

Things to do and see: [gotland.net](http://gotland.net)



# GENERAL INFO

## Emergency Assistance

### SOS Alarm 112

Dial 112 for emergencies; ambulance, rescue services, fire department and police.

### 24-hour medical services

Advice hot-line: 1177

Poison hot-line: 010-456 67 00

### Hospitals

Danderyds sjukhus: 08-123 550 00

Karolinska sjukhuset: 08-517 700 00

### Dental emergency

Folk tandvården Akuten

Fleminggatan 48

08-123 156 80

### Police

Main switchboard: 114 14

### Pharmacy, Open 24 H

Apoteket Scheele, Klarabergsg. 64

0771-450 450

## General info

### Airport buses

Airport buses from Stockholm to Arlanda, Bromma and Skavsta leave from the Cityterminalen at the Klaraberg viaduct near the Central Station. Departures to Arlanda every 10 or 15 min.  
Call 0771-51 52 52 for information.

### Addresses – Adresser

Addresses are written in the following way: Name of the recipient – Sven Svensson.  
Street and then the house number – Drottninggatan 23.  
Post code and then the town – 277 89 MALMÖ.

### Common Phrases – Vanliga fraser

admission free = fritt inträde  
cashier = kassa  
caution = observera/se upp  
closed = stängt  
danger = fara  
do not touch = får ej vidröras

entrance = ingång  
elevator/lift = hiss  
exit = utgång  
for sale = till salu  
information = upplysningar  
ladies = damer  
life threatening = livsfara  
mens = herrar  
mind the step = se upp för trappstege  
no entry = ingen ingång  
no smoking = rökning förbjuden  
no trespassing = tillträde förbjudet  
open = öppet  
pull = drag  
push/press = skjut/tryck  
sale = rea  
smoking allowed = rökning tillåten

### Dates – Datum

Dates are written in a variety of different ways e.g.

April 1st 2019 = 2019-04-01.

Stockholm, June 1st 2019 =  
Stockholm den 1 juni 2019.

Malmö, 3rd Feb 2019 =  
Malmö den 3/2 2019.

### Days of the week – Veckodagar

Monday = måndag  
Tuesday = tisdag  
Wednesday = onsdag  
Thursday = torsdag  
Friday = fredag  
Saturday = lördag  
Sunday = söndag

### Directions – Riktningar

North = Norr  
South = Söder  
East = Öster  
West = Väster  
Right = Höger  
Left = Vänster

### Height and Weight

Inches x 2,54 = Centimetres  
Kilograms x 2,2 = Pounds  
Centimetres x 0,39 = Inches  
Pounds x 0,45 = Kilogram  
1 Mile = 1,61 Kilometres  
1 Kilometre = 0,62 Miles  
1 Swedish mile = 10km

## Newspaper Outlets

Pressbyrån,  
T-centralen Tel: 08-10 40 92

Many tobacco shops, news-stands and book-shops have a large assortment of international press and pocket books.

## Public Transportation

Buses, underground and commuter railways. Call SL Information.  
Tel: 08-600 10 00

## Taxi

Taxi Stockholm: Tel: 08-15 00 00

Taxi Kurir: Tel: 08-30 00 00

Taxi 020: Tel: 020-20 20 20

Apart from these larger companies there are a number of "freetaxis". Note that there are fixed rates for transfers to and from Stockholm-Arlanda.

## Temperature

To Compute Fahrenheit: Multiply Centigrade by 1.8 and add 32.

To Compute Centigrade: Subtract 32 from Fahrenheit and divide by 1.8.

## Time – Tid

What's the time? = Vad är klockan?  
1 o'clock = Klockan är ett.  
Quarter past 5 = Kvart över fem.  
Quarter to 7 = Kvart i sju.  
Half past 4 = Halv fem.

## Weather – Väder

Cold = Kallt  
Sunny = Soligt  
Rain = Regn  
Thunder = Åska  
Lightning = Blixt  
Hail = Hagel  
Windy = Blåsig  
Cloudy = Molnigt  
Humid = Fuktigt  
Snowfall = Snöfall  
Icy = Halka

# WHERE CAN I FIND



Where can I find a webcam with images of Sweden?

At [webbkameror.se](http://webbkameror.se) you can find links to Swedish webcams around the country.

Where can I find a Swedish-English dictionary?

For a Swedish-English and English-Swedish dictionary, we recommend [ord.se](http://ord.se)

What is the weather like in Sweden?

Weather forecasts for all of Sweden can be found at the Swedish Meteorological and Hydrological Institute [smhi.se](http://smhi.se)

Where can I find material about Sweden on the Internet?

The website [sharingsweden.se](http://sharingsweden.se) offers booklets, brochures and other material about Sweden. It's all produced by the Swedish institute for an international audience.

How can I find the phone number and/or address to a person or company in Sweden?

At [hitta.se](http://hitta.se) or [eniro.se](http://eniro.se) you can search for addresses, names and numbers to almost any company or individual in Sweden.

How can I find a Swedish post-code/zip code?

You can find it on the Swedish postal service's website [postnord.se](http://postnord.se)

Where can I listen to Swedish news in my own language?

Radio Sweden broadcasts Swedish news and other programmes in several different languages all over the world. [sverigesradio.se](http://sverigesradio.se)

Text: sweden.se

# PERSONNUMMER



## Personnummer

Personal identity numbers, or the personnummer, are an important part of daily life in Sweden. To have any kind of official existence in Sweden everyone has to possess an ID number made of 10 digits, and containing within those digits your date of birth, a birth number which identifies your sex, and a control number which is calculated via a method known as the modulus-10-method.

Unfortunately, as foreign diplomats are not registered in the Swedish population records they are not assigned a typical personnummer, but rather one where the last 4 digits, the control number and birth number, are four zeros. This identifies them as diplomats and not residents.

Equally unfortunately, these quirky personnummers are not recognized by the central Swedish register and consequently cause diplomats many problems as Swedish computers do not accept the four zeros, making it difficult when trying to deal

with banks, insurance companies, telephone companies, doctors, dentists, car hire firms etc.

To overcome this problem, there is a uniform identification number called co-ordination number. The purpose of co-ordination numbers is for the authorities and other areas of activity to have a common identification number for persons who are not registered in the Swedish population records. The Tax Office can allocate a co-ordination number on the request of an authority. If the person is later registered in the Swedish population records, the co-ordination number is replaced by a personal identity number – a personnummer.

In the meantime we suggest you simply keep smiling as you endeavour to explain the four zeros problem once again...

More information about personal identity numbers and co-ordination numbers: [www.skatteverket.se](http://www.skatteverket.se)

# QUICK FACTS

## Basic facts

**Capital:** Stockholm

**Population:** around 10 million, 0.13 per cent of the world's population.

**Life expectancy:** Men 81 years, women 84 years.

**Language:** Swedish (main language); and five official minority languages: Sami, Finnish, Meänkieli (Tornedalen Finnish), Yiddish and Romani Chib.

**Religion:** The Church of Sweden is Evangelical Lutheran, but there are also many other religions and faiths in the country.

**National Day:** 6 June.

## Government

**Form of government:** Constitutional monarchy, with parliamentary democracy – political power lies with the parliament and government; the monarch has ceremonial functions.

**Parliament:** Called 'riksdag' – 349 members of parliament in a single chamber.

**Head of state:** His Majesty King Carl XVI Gustaf; heir to the throne is Crown Princess Victoria.

## Education and work

**Education:** Ten years of compulsory schooling, but most students continue to the three-year upper secondary school. Around one-third go on to higher education at universities and colleges throughout Sweden.

**Working hours:** Standard work week is 40 hours, minimum paid holiday allowance is 5 weeks.

**Employment rate (20–64 years):** Men: 84%; women: 80%; total: 82%.

## Geography and nature

**Longest north–south distance:** 1,572 km

**Longest east–west distance:** 499 km

**Total area:** 528,447 sq km, the fifth largest country in Europe and roughly the same size as California.

- Forests: 63%
- Lakes and rivers: 9%
- Marshland: 8%
- Agricultural land: 7%
- Grasslands: 7%
- Urban and industrial land: 3%
- Exposed rock and mountains: 3%

**Highest mountain:** Kebnekaise (2,099 m)

**Biggest lake:** Vänern (5,650 sq km)

**Number of lakes larger than 100m x 100m:** 95,700

**Biggest cities and population, including suburbs (2017):**

- Stockholm: 2,300,000
- Gothenburg: 1,000,000
- Malmö: 720,000

**Number of national parks:** 30

**Time zone:** GMT +1

## Money and trade

**Currency:** 1 krona (SEK) = 100 öre

**Most important export goods:** Vehicles and machines, pharmaceuticals/chemicals, electronics, minerals, wood products, energy, foods, shoes and clothes.

## Contacting Sweden

**Calling code:** +46

**Internet code:** .se

Text: sweden.se



# PHONEBOOK

## Alarm & Security Equipment

### **Active Armour**

www.activearmour.com  
08-660 56 10

### **Gothia Protection Group**

www.gothiaprotection.se  
08-410 402 00

## Apartments

### **Bostad Direkt**

www.bostaddirekt.com  
Karlavägen 51  
0771-28 28 20

### **Bostadstjänst**

www.bostadstjanst.com  
Narvavägen 12  
08-30 00 64

### **Quality Living**

www.q1stockholm.com  
Hedinsgatan 17  
08-667 55 15

## Auctions

### **Kaplan Auktationer**

www.kaplan.se  
Biblioteksgatan 5  
08-545 016 00

## Banking & Financial Services

### **Forex**

www.forex.se  
Centralstationen  
010-211 16 04

### **Nordea**

www.nordea.se  
Hamngatan 12  
0771-22 44 88

### **Swedbank**

www.swedbank.se  
Karlbergsvägen 12  
0771-22 11 22

## Books In Foreign Languages

### **Akademibokhandeln**

www.akademibokhandeln.se  
Mäster Samuelsgatan 28  
010-744 11 00

## Car Rentals

### **Avis**

www.avis.se  
0770-82 00 82

### **Europcar**

www.europcar.se  
0770-77 00 50

## Cleaning

### **Carpet Cleaners**

www.carpetcleaners.se  
08-33 33 22

### **HomeMaid**

www.homemaid.se  
08-556 954 44

## Crystal/Glass

### **Målerås**

www.maleras.se  
Västerlånggatan 23  
08-21 96 86

## Diplomatic Cars

### **BMW**

www.bmw-special-sales.com  
Gårdsvägen 9-11  
08-735 39 53

### **Mercedes-Benz**

www.mercedes-benz-stockholm.se  
Kottbygatan 4  
08-447 22 00

## Flowers

### **Melanders Blommor**

Hamngatan 2  
08-611 28 59

## Handicraft/Interior design/Souvenirs

### **Kerstin Adolphson**

Västerlånggatan 40 and 44  
08-411 17 10

### **The Royal Gift Shop**

www.royalpalaces.se  
The Royal Palace  
08-402 61 00

## Hotels & Booking Agents

### **Nordic Choice Hotels**

www.nordicchoicehotels.se  
0771-666 700

### **Radisson**

www.radisson.com  
0200-336 792

### **Scandic Hotels**

www.scandichotels.se  
08-517 517 00

## Jewelry & watches

### **Caroline Svedbom**

www.carolinesvedbom.com  
Stureplan 4  
076-850 47 30

### **Franks UR**

www.franksur.com  
Drottninggatan 39  
08-10 07 18

### **Gallery Nord Amber**

www.najder.se  
www.ambergallery.se  
Köpmangatan 11  
0732-554 779

## Language Schools

### **Sigtunaskolan**

www.sshl.se  
Manfred Björkquists allé 8  
08-592 571 00

## Library

### **Stockholms Stadsbibliotek**

[www.biblioteket.stockholm.se](http://www.biblioteket.stockholm.se)

Sveavägen 73

08-508 309 00

## Mobile Phones

### **Eliganten Phone House**

[www.phonehouse.se](http://www.phonehouse.se)

Sveavägen 26

0771-115 115

## Moving Specialist

### **Saveur**

[www.saveurgroup.com](http://www.saveurgroup.com)

076-109 71 20

## Optician

### **Synoptik**

[www.synoptik.se](http://www.synoptik.se)

Drottninggatan 33

08-23 23 60

## Public

## Transportation

### **Flygbussarna**

[www.flygbussarna.se](http://www.flygbussarna.se)

0771-51 52 52

### **SL Kundtjänst**

[www.sl.se](http://www.sl.se)

08-600 10 00

### **SJ**

[www.sj.se](http://www.sj.se)

0771-75 75 75

## Restaurants

### **Farang**

[www.farang.se](http://www.farang.se)

Tulegatan 7

08-673 74 00

### **Frippe**

[www.dramatenrestaurangerna.se](http://www.dramatenrestaurangerna.se)

Dramaten, Nybroplan

08-665 61 42

### **Kungshallen**

[www.kungshallen.eu](http://www.kungshallen.eu)

Kungsgatan 44

### **Skansens Restauranger**

[www.skansensrestauranger.se](http://www.skansensrestauranger.se)

Skansen, Djurgården

08-566 370 00

### **Tjoget**

[www.tjoget.com](http://www.tjoget.com)

Hornsbruksgatan 24

08-22 00 21

## Shopping

### **Behagligt**

[www.behagligt.se](http://www.behagligt.se)

Södermannagatan 24

### **Bruno**

[www.brunogotgatsbacken.se](http://www.brunogotgatsbacken.se)

Götgatan 36

### **Fältöversten**

[www.faltoversten.se](http://www.faltoversten.se)

Karlaplan

### **Hackett**

[www.hackett.com](http://www.hackett.com)

Mäster Samuelsgatan 1

### **Sara Clausin**

[www.saraclausin.com](http://www.saraclausin.com)

Bondegatan 50

### **Sturegallerian**

[www.sturegallerian.se](http://www.sturegallerian.se)

Stureplan

## Sports & Leisure Activities

### **Casino Cosmopol**

[www.casinocosmopol.se](http://www.casinocosmopol.se)

Kungsgatan 65

020-219 219

### **Gröna Lund**

[www.gronalund.com](http://www.gronalund.com)

Djurgården

010-708 91 00

### **Skansen**

[www.skansen.se](http://www.skansen.se)

Djurgården

08-442 80 00

### **Sollalla**

[www.sollalla.se](http://www.sollalla.se)

Bromma

08-635 90 00

### **Strömma**

[www.stromma.se](http://www.stromma.se)

Strömkajen

08-120 040 00

### **Ticketmaster**

Music, sports, theatre etc.

[www.ticketmaster.se](http://www.ticketmaster.se)

0771-70 70 70

## Tailor

### **AW Bauer & Co**

[www.awbauerco.com](http://www.awbauerco.com)

Brunnsgatan 4

08-10 47 80

## Taxi & Limousine Service

### **Limousine Service AB**

[www.limousineservice.se](http://www.limousineservice.se)

08-22 22 80

### **Taxi Kurir**

[www.taxikurir.se](http://www.taxikurir.se)

08-300 000

### **Taxi Stockholm**

[www.taxistockholm.se](http://www.taxistockholm.se)

08-15 00 00

## Tourist Information

### **Stockholm Visitor Center**

[www.visitstockholm.com](http://www.visitstockholm.com)

Sergels Torg 5

08-508 285 08

# A CLEAR STATEMENT. BMW DIPLOMATIC SALES.



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Its mission statement: setting new standards. The BMW 5 Series is the embodiment of the modern business saloon. Thanks to its dynamic and simultaneously elegant appearance, it convincingly meets the expectations that are placed today on a vehicle of its class: aesthetic athleticism and driving pleasure with state-of-the-art technology.



**Mr. Olof Willix** Head of Diplomatic & Special Sales Stockholm Office

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Phone +46 (0)8 735 39 53. Mobile: +46 (0)70 084 37 06, e-Mail: [olof.willix@bavariabil.se](mailto:olof.willix@bavariabil.se)

## Bavaria

The BMW 5 Series: Output in kW (hp): 135-294. Fuel consumption in l/100 km: 2.0-9.7 CO<sub>2</sub> emissions in g/km (combined): 45-220. Fuel consumption figures are based on the EU test cycle.